



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"The tragedy of life is not death, but what we let die inside of us while we yet live."

— Norman Cousins—

Caregiver Tip: Living A Meaningful Life To The End

What is a meaningful life? This is a critical question, particularly at the end of life when time is limited. The answer will be different for everyone but caregivers and their loved ones should have this ongoing discussion so life can be meaningful to the very end.

Dr. Atul Gawande in his book "Being Mortal" decries medicine's focus on prolonging life, no matter the quality, and urges families and caregivers to understand how their loved ones see living well and fully by asking these questions:

- What is your understanding of your illness?
- What are your worries and fears for the future?
- What are your goals and priorities?
- What outcomes are unacceptable and what are you willing to sacrifice?
- What would a good day look like?

Caregiver Support Group
Wednesday, February 3, 2016
4—5:30 p.m.
Alexandria Adult Day
Services Center

Resources:

Being Mortal by Atul Gawande: This book reviews how to live a meaning life, even when time is limited. Its stories reveal how we can make different decisions and suggests different strategies to make the end of life manageable and meaningful for caregivers and their loved ones.

Frontline: Being Mortal: In this one hour series, Frontline follows Atul Gawande, author of Being Mortal, as he explores relationships doctors have with patients nearing the end of life. This film investigates the practice of caring for the dying.

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